



Pentagon Row Ice Skating Gala
January 28, 2010, from 6-8 p.m.

Proceeds Benefit The Cystic Fibrosis Foundation

Put on your winter best and join us for the first annual Pentagon Row Ice Skating Gala!

EVENT ACTIVITIES

- Ice Skating: proceeds benefit The Cystic Fibrosis Foundation
- Live music by Woodburn Road (urban folk rock)
- Strolling Entertainment: Jugglers, Stilt Walkers, Mimes, Human Snow Globe and more
- Register to win BIG prizes
- Exclusive merchant specials and promotions

In the event of inclement weather, event will not be rescheduled.

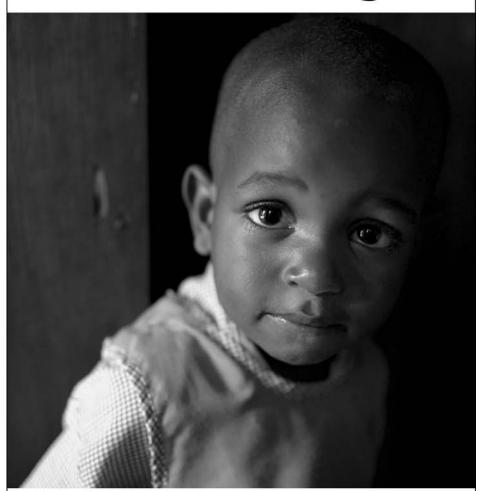




Parking conveniently located in the Pentagon Row Parking Garage with a new automated "Easy Pay" service.



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The Community Coalition for Haiti, a faith-based nonprofit relief organization, has set up a restricted fund for the Haitian relief effort. 100% of every donation is used to help the thousands in need. Every dollar is a treasure to those in desperate need of food, water, medicine and help. Please donate today. Make a donation online at www.cchaiti.org or mail your check to Community Coalition for Haiti, P.O. Box 1222, Vienna, VA 22183.



www.cchaiti.org

Partners with CCH in the Haiti relief effort include: MedAssets; Inova Fairfax Hospital for Children; Missionary Flights International; and MTS Services.



prayers, the people of Haiti are in great need of our compassion and assistance."

– Charles Mann, Inova Health System Board Member



"Luciana and I have worked with the Community Coalition for Haiti and we ask you to join us in supporting the humanitarian efforts that are under way."

– Robert & Luciana Duvall



"We all need to take swift action to make sure that relief reaches the people of Haiti as quicky as it can."

– Darrell Green, NFL Hall of Fame

Photo by © Cameron Davidson

News

The Bridges of Arlington County

Drivers here face most dangerous bridges in Virginia.

> BY MICHAEL LEE POPE THE CONNECTION

> > tagon, for ex-

ample, has been structur-

ally deficient for more than

20 years and

rated dangerous bridge in

Virginia. Yet no plans exist

to replace it. "If

bridge col-

lapses, there's

going to be a

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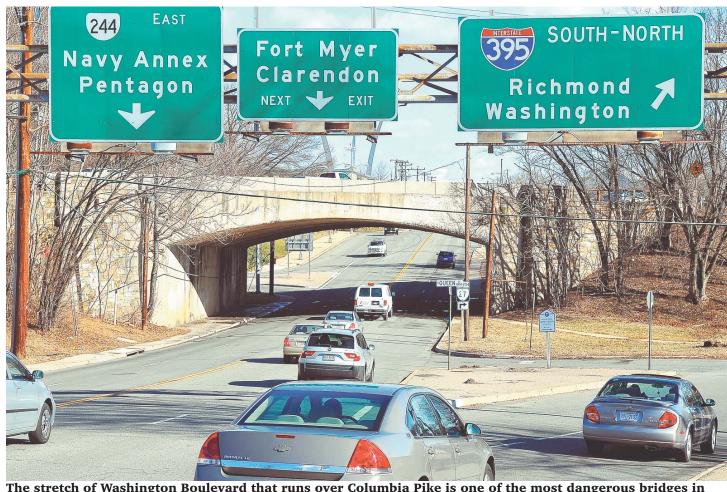
rlington drivers have to put up with some of the worst bridges in Virginia, according to federal and state documents outlining the poor condition of the county's infrastructure. The crumbling concrete and sketchy overpasses have long plagued Arlington, with problems festering for decades. One 1950s-era overpass near the Pen-

"If that bridge collapses, there's going to be a lot of finger-pointing. It clearly needs to be replaced."

> — U.S. Rep. Jim Moran (D-8)

lot of fingerpointing," said U.S. Rep. Jim Moran (D-8). "This is a bridge clearly needs to be replaced."

But money is tight. And the Virginia Department of Transportation maintains all five of the Arlington County bridges that have been labeled as structurally deficient. That means that cash-strapped legislators in Richmond would have to cough up the funding to do something about the problem. County leaders say fixing Arlington's crumbling infrastructure has been on the to-do list for years. Yet finding



The stretch of Washington Boulevard that runs over Columbia Pike is one of the most dangerous bridges in Virginia, meeting only 2 percent of federal standards.

money for projects like replacing the stretch of Washington Boulevard that runs over Columbia Pike keeps getting delayed.

"Funding for infrastructure keeps getting pushed back," said County Board member Chris Zimmerman. "Virginia hasn't made a serious investment in its infrastructure since 1986."

THE BRIDGE over Columbia Pike is the most notorious piece of crumbling infrastructure in the county, with years of handwringing and calls for action. But it's only a small part of the problem.

According to a database compiled by the Federal Highway Administration, the

county has five bridges that have been dubbed structurally deficient. And 63 of the county's 165 bridges fail to meet functional guidelines required of modern infrastructure. That means that almost half of the bridge miles in the Arlington County are de-

"These are bridges that require monitoring and frequent inspections," said Nancy Singer, a spokeswoman for the National Highway Administration. "But it's important to remember that a classification of structurally deficient doesn't mean it's not safe. It just means they need to be checked to make sure it's not deteriorating further."

According to a document known as the

National Bridge Inventory, which is published by the Federal Highway Administration, Arlington has five bridges that are structurally deficient. That means that about 8,000 miles of roadway in the county have major deterioration to structural components such as decks, girders or foundations. In addition to that, the county has 63 bridges that are functionally obsolete — a designation indicating the bridge has inadequate width or vertical clearance.

"At this point, we are not aware of any imminent danger," said Michael Collins, chief engineer for the county government. "But at the same time, we're concerned that all of our civil infrastructure has been underfunded for decades."

Fitness Poster Girl: 91-Year-Old Found Inspiring

By Delia Sava The Connection

velyn Baker is a model of health and fitness for the staff and other members of Arlington's Sport & Health club on Kirkwood Avenue. For anyone struggling to stick to an exercise program, Baker can be a source of inspiration. A poster created by the gym to invite members to celebrate Baker's recent birthday says it all: the 91year-old is the oldest member of the club where she's been a member for more than 30 years.

Said Bari, an elite fitness trainer who has been working with Baker since 2003, says her presence at the gym "makes everyone feel good."

Baker is committed to staying active and said, "I just keep going, I know it's good for me.'

Bari added, "The goals for older clients are to mimic and improve daily activities and work on posture — age and gravity take people down." Physical activity has always been important for Baker who grew up on a farm. She says she likes using the machines and participating in the classes offered. "I like everything about this gym."

Mitch Batkin, senior vice president of fitness at Sport & Health Clubs, says one of the keys to sticking with a fitness program is to set achievable goals. "Winning the Iron Man Triathlon may not necessarily be realistic, whereas if completing a triathlon is a desired result, perhaps training for a sprint triathlon may serve as a good step in the right direction."

Baker comes to the gym several days a week and if she

SEE 91-YEAR-OLD, PAGE 11 Evelyn Baker

WEEK IN ARLINGTON

Man Dies After Struggle with Police

The Arlington County Police Department's Homicide/Robbery Unit is investigating a death that occurred on Sunday, Jan. 17. Shortly after 8 p.m., police responded to the Pentagon City Metro in the 1100 block of S. Hayes Street searching for a larceny suspect. The male suspect was located on the metro platform and was combative and uncooperative with an officer. Police said he refused all verbal commands and assaulted the officer attempting to detain him. The officer deployed a Taser device, which did not have an incapacitating effect on the suspect who continued to struggle. A second officer arrived on scene and assisted in handcuffing the suspect. The officers summoned medics who transported the suspect to an area hospital where he was later pronounced dead.

The decedent will be identified when the next of kin has been notified. The investigation is ongoing and more information will be released as it becomes available.

Woman Dies After Accident

The Arlington County Police Department is investigating a fatal accident that occurred at approximately 4:20 p.m. Monday, Jan. 18. An Arlington woman died after she was involved in a single car accident inside a parking garage in the 900 block of N. Taylor Street.

Lowana R. Spencer, 86, was driving into the parking garage when she struck the exterior security door. The vehicle then continued into the garage and struck a pillar. Spencer was transported to a nearby hospital where she died due to her injuries.

Police ask that anyone who witnessed the accident or has information relating to this incident call Detective Robert Icolari at 703-228-4240.

Plea to Illegal Arms Brokering

Taipan Enterprises Ltd., based in Arlington, pled guilty to illegally brokering the sale of arms to Yemen, Chile, Libya and Vietnam without registering and obtaining a license to sell items listed on the United States Munitions List.

Neil H. MacBride, United States Attorney for the Eastern District of Virginia; John P. Torres, Special Agent in Charge for U.S. Immigration and Customs Enforcement (ICE)'s Office of Investigations in Washington, D.C., and Harold W. Geisel, Deputy Inspector General for the Department of State, made the announcement after the plea was accepted by United States District Judge Liam O'Grady. Taipan Enterprises was immediately sentenced to pay a \$15,000 fine.

According to the statement of facts submitted with the plea agreement, the president and secretary of Taipan Enterprises, Ioannis Papathanassiou, admitted he contacted a number of defense manufacturers to broker United States Munitions List items, which included combat armored vehicles, small arms components, night vision equipment, ground radars and other surveillance systems. Papathanassiou admitted that from at least June 2006 he attempted to broker the sale of this equipment to the Chilean military as well as end users in Libya, Vietnam and Yemen.

Papathanassiou was stopped by Customs and Border Protection (CBP) at Dulles International Airport on Sept. 1, 2007, where he falsely told the CBP agent he had been attempting to sell farm equipment to Yemen nationals while in Brazil. No Munitions List items had yet been exported as a result of these illegal brokering activities sales were completed by the time federal law enforcement executed a search warrant on Sept. 4, 2009, at locations tied to the business.

Inova Cites Blood Shortage

Inova Blood Donor Services is encouraging individuals to parcipate in National Blood Donor Month. Observed throughout the month of January, National Blood Donor Month provides an opportunity for people to donate blood or pledge to give blood at a time of the year when it is typically in short supply.

Visit inova.org/donateblood or call 1-866-BLOODSAVES to find a blood collection site and to schedule an appointment.

News



The Ivy Pull is a joint volunteer effort with Arlington County Remove Invasive Plants program.

Tree Stewards Take care of trees as if they are pets.

By Senitra McCombs THE CONNECTION

ora Palmatier is president of the Tree Stewards Arlington / Alexandria chapter. The organization works to preserve Arlington/Alexandria's tree population and teaching local residents to do the same.

How long has Tree Stewards been in existence?

The Arlington / Alexandria group started in 2001. It's a state-wide group and probably the earliest one of those started in '95.

How did you become involved with Tree

My parents were involved in Tree Stewards in Indiana and I was always involved whenever something would come up. I heard they were doing one here, I immediate signed up back in 2001.

Did you have a passion for environmental issues from a young age?

Yes, I've been a long time camper/ outdoor enthusiastic. Once I had an opportunity to take a job in Nebraska. And whenever I went out, there were no trees in this area of Nebraska. It was very flat prairie land. I got so depressed, I just couldn't do it. That's when I realized how much trees mean to

Could you describe your job?

Well I'm a volunteer. I'm the president. We have about 20 active members. We do all sorts of things. In 2009, we provide over 13 hours of volunteer service in Arlington and Alexandria and that was composed of having information tables all about tree care at different public events like Earth Day and the Farmer's Market. And working with a couple of schools with their ecology program. In addition, we

also provide direct tree care working with Alexandria and Arlington County with the arborist.

What are some of the rewards of your job?

Oh, people who care about trees are just wonderful. The reward is getting together with other people who understand that. You see a beautiful tree on a summer day and you stay under it and realize how cool it is and it's fantastic.

What are some of the challenges of your job?

I think one of the biggest challenges is being so unhappy when trees come down because of development. The houses get bigger and the trees disappear. That's the biggest challenge. That and letting people really understand that they need to take care of trees. The analogy I would make is that it's like when my grandparents had pets, there was no concept that you had to go to a vet. I think the majority of people are that way with trees. The reality is we should think of trees as our pets ... that's slowly beginning to happen. I know when I was getting my big giant oaks pruned; my neighbors came over and said 'Gee that's expensive.' Well, it's not more expensive than taking my cat in for her yearly shots. It's a process of education.

What does Tree Stewards do?

Tree Stewards are volunteers dedicated to improving the health of our urban trees through educational programs, tree planting and care, demonstrations and tree maintenance throughout the community.

What do you think could be done to improve the health of trees in Arlington or Alexandria?

Well, the biggest thing a single individual can do is make sure there is no ivy on their trees. Because

SEE TAKING CARE, PAGE 18

News

Fathers-in-Touch Program helps fathers reconnect with their children with their children.

By Senitra McCombs The Connection

rowing up with an absent father, Erick Theodore King recognizes that the "father/ child relationship is priceless."

In October 2008, King along with his twin brother Isaac formed Fathers-in-Touch program in an effort to help fathers across Arlington and Fairfax counties to reconnect with their children.

Fathers-in-Touch is a 12-week program consisting of a parenting class coupled with monthly activities to help fathers "become an active part of their child's life, become financially stable and to overall become a well rounded person."

The classes are small with only 9-12 fathers. Last year, they graduated 13 fathers from their 12-week program on Nov. 23, 2009. However, they hope to graduate 75 men this year.

In addition to their classes, in 2010 they are planning a benefit reception at Alexandria Mayor William Euille's home on Jan. 28,



Fathers-in-Touch program hosted a class's graduation in 2009.

a Fathers –in-Touch day fishing trip in June and a fund-raising reception on Father's Day weekend.

According to King, the course is based on the 24/7 dad curriculum developed by National Fatherhood Initiative which emphasizes the following five goals: self awareness, caring for self, fathering

skills, parenting and relationship skills.

Throughout the 12 weeks, Fathers- in -Touch brings in guest speakers from local organizations, such as JobLink in Alexandria and the Alexandria Office on Women, to discuss issues such as career development, child support and domestic violence.

Moreover, the men interact with their children through monthly trips, such as fishing trips to local lakes, trips to the National Zoo, freedom house museum and other free activities within the commu

SEE KEEPING, PAGE 18



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OPINION

Many Numbers Point to Needs

Challenging times as we commemorate vision of Martin Luther King Jr., inaugurate new governor.

nemployed, uninsured, homeless, While on a percentage basis, Northern Virginia is better off than most of the rest of Virginia, in raw numbers, we have more people here who are unemployed, more people here who lack health insurance, more people who spend parts of most months without enough food on the table, more people who are homeless.

Some sobering numbers as we celebrate the day of hope and aspiration that is Martin Luther King Jr. Day. So-

bering statistics as we inaugurate a new governor who has many good ideas, but no plans for new revenue. Cuts in the state budget will affect everyone in Virginia, even those who are not needy.

In November, more than 68,000 unemployed people were looking for full time work here in Northern Virginia, according to the Virginia Employment Commission, up from just under 50,000 in November, 2008.

Later this month, officials and advocates will conduct the annual "point in time" census of homeless. Last January, there were 1,730 homeless people in Fairfax County at the "point

in time" count, more than 1,000 of those are members of families, most of the adults with jobs. In the City of Alexandria, there were 360 homeless people. In Arlington, 527 homeless, about 200 of those were people in families.

According to the latest U.S. Census numbers, from 2008, there were about 200,000 people (under 65) in Northern Virginia without health insurance. These are people who can't get pre-

ventative care, can't get routine care for minor illnesses.

EDITORIAL In Arlington County 38,018 or 21.1 percent of the population lacked health insurance. That number jumped to 62 percent of those living below 200 percent of poverty

> In Fairfax County, 149,642 people or more than 16 percent of the population lacked health insurance. In the City of Alexandria, 22,399 people lack health insurance, or 18.2 percent of the population. In the City of Fairfax, 3,685 people lack health insurance, or 18.8 of the

> Another measure of need, and a way of identifying concentrations of poverty, is to look at students who qualify for free or reduced-price meals in public schools.

In Alexandria more than 50 percent of students are eligible for free or reduced meals. In Arlington, more than one-third of students

are eligible for free or reduced meals.

More than 37,000 students in Fairfax County Public Schools are eligible for free and reduced meals, that's 22 percent of the student body. And the needy students also tend to be concentrated in particular schools. For example, some schools, like Wolf Trap Elementary, had no students qualifying for free or reduced meals. Then consider Graham Road Elementary, with more than 78 percent of its students qualifying for free and reduced meals, Lynbrook Elemenetary with more than 76 percent of its students qualifying; Mount Vernon Woods, more than 75 percent; Mount Eagle more than 74 percent. The uneven distribution showed dozens of schools with very high rates of poor students lumped together; dozens with poverty rates in the single digits.

Food for thought. These numbers don't indicate a tiny population of needy people, they indicate a region with ongoing problems of "haves" and "have-nots." Those 15-30 percent of our populations in local jurisdictions who "have not" are about to have quite a bit less as the state and local budget processes move for-

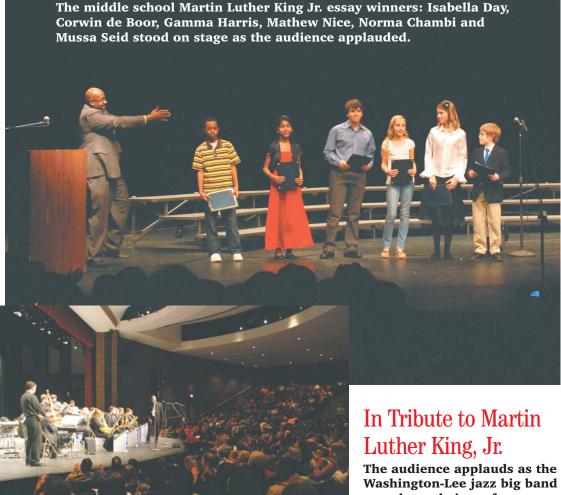
> MARY KIMM, MKIMM@CONNECTIONNEWSPAPERS.COM



The first place winner Corwin de Boor from Gunston Middle School reads his environmental essay.



Senior saxophonist Stewart Foster performs a solo during the concert.



completes their performance during a tribute to the Rev. Dr. Martin Luther King Jr. concert on Jan. 17.

ARLINGTON CONNECTION

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PEOPLE



Photo by Mechelle Schloss/The Connection

Quarterly Fund-raiser

NW Arlington Lions Club members Bill Strasburg, Donald Misbee, Dick Koblenz, and Karl Klauck wrapped up the latest citrus fruit sale at the Overlee Pool lower parking lot Saturday, Jan. 16. This quarterly event also includes the sale of pure Vermont maple syrup and pecans. Proceeds support their annual scholarship fund and sponsorship of local youth athletic teams.



Photo by Lashawn Avery/The Connection

In the Spotlight

Comedian Brian Posehn was at the Arlington Cinema 'n' Drafthouse on Saturday, Jan. 16. He has been on the Sarah Silverman Show, Just Shoot Me, and The Man Show.

OBITUARY

Blackwell Hawthorne

On the eve of his 88th birthday, Blackwell Hawthorne, for the better part of a decade the director of advertising sales for the Falls Church News-Press, died Saturday, Jan. 16, 2010 at his home in North Arlington after an 11-month struggle with a



Photo by Lashawn Avery/The Connection

Children's Theater Festival

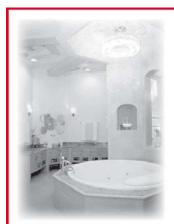
The children's Mexican dance group performs at the Children's Theater Festival at Rosslyn Spectrum Theater on Jan 16.



Author

Jamie MacVicar, author of "The Advance Man: A Journey Into the World of the Circus" discusses the world of the circus and his years as a promotions man for Ringling Bros. and Barnum & Bailey Circus. Books at Arlington Central Library last November.

degenerative lung disorder. Hawthorne, born in 1922 and a native of southern Virginia who was a prisoner of war in the European theatre of World War II, came to the News-Press at the age of 79 and exhibited enormous energy and professionalism to build the News-Press advertiser base. He is survived by his wife, Elizabeth, and four daughters.



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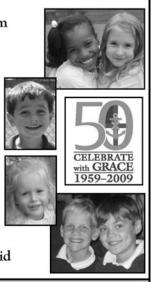
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THEATER

Gunston Hosts a Comedy and a Musical

Center's two theaters are busy.

BY BRAD HATHAWAY The Connection

he new year's theater season is in full swing with two new shows playing in Arlington County's Gunston Arts Center. The American Century Theater is reviving the 1950s stage comedy "Will Success Spoil Rock Hunter?" in the smaller space, the flexible black box known as Theatre Two, while Dominion Stage mounts the quirky small musical takeoff of 1930s anti-marijuana propaganda, "Reefer Madness" in the larger Theatre One.

"Success" is the kind of straight forward stage comedy that flourished on Broadway in the middle of the last century. It is author George Axelrod's attempt to capitalize on the success of his first Broadway comedy, "The Seven-Year Itch," by looking at the problems a playwright has trying to come up with a second hit play. In this case, he turned to the classic tale of Faust striking a deal with the devil in exchange for his soul. The twist was that the devil was a theatrical agent willing to guarantee success for 10 percent - not of the author's income but of his

With plenty of opportunities to lampoon the culture of show business in the 1950s, Axelrod's script is both clever and funny. He populates the piece with characters that are caricatures of Hollywood and Broadway types including a buxom blond in the Jayne Mansfield mold (Mansfield actually originated the role both on stage and in the movie version which followed), a shifty and devilish agent, a milquetoast of a writer with no talent whatsoever (says the agent/devil: "We're not talking talent here, we're talking success!") and even an adonis-like athlete.

Donald Osborne is almost two dweebish as a writer of magazine articles who'd sell his soul for 1) money, 2) the love of the sexiest woman he knows and 3) success as a screenwriter. His twerp of a character lacks either a sense of naive decency or underlying charm that could justify the audience caring about him.

However, Osborne is surrounded by cast members who tear into their characters with style. Kari Ginsburg is as funny as she is sexy as the blond bombshell of a starlet while Steven Lebens is smooth and slick with just a hint of shifty



Courtesy of Dominion Stage Tom Flat as the narrator in **Dominion Stage's produc**tion of "Reefer Madness."

as the devil/agent quite reminiscent of "Damn Yankee's" similar character, "Mr. Applegate," who sells baseball success for the same type of deal. (It is interesting to note that both "Damn Yankees" and "Will Success Spoil Rock Hunter?" opened in the same year,

John Tweel does a particularly smooth job of building the character of the playwright who faces the same problem Axelrod was facing when he tried to top the success of his first hit, and Craig Miller's portrayal of a prototypically self-absorbed studio boss is very funny in the scene where the devil seduces him with the prospect of receiving an Academy Award.

JUST DOWN THE HALL, in the 460-seat proscenium style Theatre One, Tom Flat leads the cast of "Reefer Madness" through its camp, single-gag romp of a musical take-off. Flat plays the 1930s high school teacher who, with the help of his school's drama club, stage the story of drug-induced degradation that befalls a clean cut, all-American couple when they give in to the temptation of the devil weed! In the process, Flat plays most of the adult roles as well, and he does so with a sense of panache that often sparks an otherwise rather lackluster evening.

With an on-stage band of six and enough wireless microphones for the lead performers but not for the chorus of supposedly drugged-out zombies, there is a mismatch in the sound that plagues the production. The featured players bring a variety of skills to the mix but musi-



Tom Flat points to Joel Piper in Dominion Stage's production of "Reefer Madness."

Where and When

The American Century Theater's "Will Success Spoil Rock Hunter?" plays Thursday - Saturday at 8 p.m. and Saturday -Sunday at 2:30 p.m. through Feb. 6. Tickets are \$26 - \$32 and can be ordered at 703 998-4555 or www.american online at century.org. Dominion Stage's "Reefer Madness" plays Thursday - Saturday at 8 p.m. and Sunday at 2 p.m. through Jan. 30. Tickets are \$15 and can be ordered at 703 or online www.dominionstage.org

cally the musical never really takes off. Choreographer Catherine Oh, on the other hand, comes up with a number of nifty moves that are within the capabilities of the chorus as well as the leads.

Joel Piper throws himself into the role of the clean-cut kid gone wrong whose love for Mary Lane (a pert Jaclyn Young) is overcome by his addiction to "Mary Jane." Michael Reed is at his best in the non-musical sequences as the pot in a brief hallucinatory number) and Amy Baska is his "mol." Sam Nystrom pulls a nifty series of comic bits as a stoned student fixated on a balero, the Latin American ball and cup toy.



Donald Osborne toasts agent/devil Steven Lebens in the American Century Theater's production of "Will Success Spoil Rock Hunter?"

Brad Hathaway reviews theater in Virginia, Washington and Maryland as well as Broadway and writes

about theater for a number of national magazines. He can be reached at Brad@PotomacStages.com.

CALENDAR

ONGOING

Encore Chorale. Conducted by Jeanne Kelly. Will meet on Tuesdays at 2 p.m. at the Langston-Brown Senior Center, 2121 N. Culpeper Street, Arlington. First rehearsal on Tuesday, Jan. 12 at 2 p.m. call Jeanne Kelly at 301-261-5747; 571-215-6118 or email Jeanne.kelly@encorecreativity.org. Visit the Web site http://encorecreativity.org.

JAN. 20-MARCH 7

"I am My Own Wife." Andrew Long plays all 33 characters, from Charlotte, her aunt and her father, SS commanders and Stasi officials, to international reporters and the playwright himself. Showtimes are Tuesdays and Wednesdays at 7:30 p.m.; Thursdays and Fridays at 8 p.m.; Saturdays at 2 p.m. and 8 p.m.; Sundays at 2 p.m. and 7 p.m. Presented by Signature Theater in the ARK Theater. Tickets are \$47-\$71, and are available by calling Ticketmaster at 703-573-SEAT or visiting www.signature-theatre.org.

JAN. 20-FEB. 21

"Unleashing the Wild Beasts."

Opening reception on Sunday, Jan. 17 from 5 - 6:30 p.m. Come enjoy some refreshments while exploring each artists' interpretation of the "Fauvist" art movement. Sponsored by the Arlington Artists Alliance. At Cassatt's Café, 4536 North Lee Highway, Arlington. Call 703-894-0504.

THURSDAY/JAN. 21

Lunchtime Chamber Concert. Noon to 1 p.m. Free. Strauss: Selected Songs; Shostakovich: Quartet No. 3, op. 73. At the Rosslyn Spectrum Theatre, 1611 N. Kent Street, Arlington. Call 703-228-1850 or visit http://www.arlingtonarts.org.

Holistic Moms Network. 7-9 p.m. The

Holistic Moms Network. 7-9 p.m. The Arlington/Alexandria Chapter meeting. Special Performance by Groovy Nate. Meets at Arlington United Methodist Church, 716 S. Glebe Road, Arlington. Go to http://

arlalexva.holisticmoms.org. Email: holisticmomsarlalex@gmail.com or 703-824-6167.

SATURDAY/JAN. 23

Dance Competition. 4-7 p.m. \$3 admission. The finalists for "So You Think You Can Dance Contest" perform. At Annandale High School, 4700 Medford Drive, Annandale. Sponsored by the Fairfax County Department of Community and Recreation Services' Teen Services Division. Call 703-324-TEEN.



SUNDAY/JAN. 31

Washington Saxophone Quartet. 4 p.m. At St. Peter's Episcopal Church, 4250 North Glebe Road, Arlington. Call 703-536-6606, or visit the St. Peter's music program Web site at: http://www.stpetersmusic.org.

SUNDAY/JAN. 24

Happy Birthday Wolfgang. 4 p.m.

\$25 admission, \$15 students. Wolfgang Amadeus Mozart's loveliest chamber music including the Piano Trio in C Major, Duo for Violin and Viola, Piano Quartet in G minor and more. With the National Chamber Ensemble, Leonid Sushansky, artistic director. At the Rosslyn Spectrum Theatre, 1611 N. Kent Street, Arlington. Call 703-573-SEAT or visit www.ticketmaster.com.

MONDAY, JAN. 25

The Kadampa Way of Life: Practical Advice for Daily Happiness. At the Vajrayogini Buddhist Center — Arlington Branch Class. At The Griffin Center 3800 Fairfax Dr., Suite 5, Arlington. Cost is \$12. Visit www.meditation-dc.org or call 202-986-2257 or info@meditation-dc.org

MONDAYS, JAN. 25-FEB. 8

Theology on Tap. 7 p.m. gather; 7:30 p.m. talk followed by questions. The goal is to provide a forum for young adults to learn about and discuss their faith in a relaxing social setting. (Must be age 21). At Pat Troy's Ireland's Own, 111 North Pitt Street, Alexandria. Call 703-549-4535.

TUESDAY/JAN. 26

Swing Dancing. 9-11 p.m. Admission \$10. With the Big Three Trio. At the Clarendon Ballroom, 3185 Wilson Blvd., Arlington.

WEDNESDAY/JAN. 27

Brass Quintet Night. 7:30 p.m. Featuring musicians from The U.S. Coast Guard Band, The U.S. Naval Academy Band, The U.S. Army Brass Quintet, and special guests The Rodney Mack Philadelphia Big Brass. At Brucker Hall, Fort Myer. Visit www.usarmyband.com. Film: "The Country Teacher (2008)." 6:30 p.m. Free. Part of the Shirlington Library World Cinema Spotlight. Call 703-228-

THURSDAY/JAN. 28

The U.S. Army Blues. 7:30 p.m. With guest soloists SSgt Ryan McGeorge ("The President's Own" U.S. Marine Band), euphonium, and SMSgt Gil Corella (The U.S. Air Force Band), tuba. At Brucker Hall, Fort Myer. Visit www.usarmyband.com.

FRIDAY/JAN. 29

Armed Forces Tuba-Euphonium Ensemble. 7:30 p.m. With The U.S. Army Orchestra with guest soloists Dr. Zach Collins, tuba; Dr. Martin Cochran, euphonium; GySgt Frank Crawford, tuba; and SFC Chris Sarangoulis, tuba. At Brucker Hall, Fort Myer. Visit www.usarmyband.com.

Free Yoga Classes. 6:30-7:30 p.m. Fridays and Tuesdays. A balanced program of yoga classes for four weeks, for free. Held at Little River Yoga. Email suzanne@us1yoga.com or call 703-209-0049.

JAN. 29-APRIL 3

Transhuman Conditions. Opening reception is Friday, Jan. 29 from 6-9 p.m. Features 10 artists thinking about the future of the human body — from living forever, to redesigning our appearance and abilities at will, to leaving behind reality as we know it and starting over in a virtual world. At the Arlington Arts Center, 3550 Wilson Blvd., Arlington.

SATURDAY/JAN. 30

Mardi Gras Friday. 6:30-9:30 p.m. Cost is \$65. The Samaritan Ministry of Greater Washington hosts a Mardi Gras celebration with jazz and Southern food. National Rural Electric Cooperative Association Conference Center, 4301 Wilson Blvd. Arlington. Call 202-722-2280, x 305, or www.samaritanministry.org

Country Western Dance. 7:30-11 p.m. Admission is \$10/members, \$12/nonmembers. Sponsored by the Northern Virginia Country western Dance Association. Open dancing from 8:30-11 p.m. At Luther Jackson Middle School, 3020 Gallows Road, Falls Church. Go to www.nvcwda.org or call 703-860-4941.









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ART



'Unleashing The Wild Beasts'

Rebecca Salinger and Linda Kosovych, 1st and 3rd place artists, respectively, at the opening of the juried show that explores the fauvist art movement with it's reputation for bold colors, textures, and wild brush strokes. "Unleashing The Wild Beasts" runs Jan. 10 - Feb. 21 at Cassatte's Cafe, 4536 N. Lee Hwy.

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HEALTH

91-Year-Old Found Inspiring

From Page 3

doesn't show up for her morning routine, Bari says the staff will call to make sure she's OK. This past November when Baker had an eye infection that prevented her from driving, other gym members provided rides.

When asked what motivates her to brave the bitter January morning cold to come to the gym, Baker cites the connectedness to people at the gym. Baker is proud that she still lives in the Arlington home her husband built 50 years ago but it can be lonely and she says she appreciates the social interaction at the gym.

A breast cancer survivor, Baker said, "I had a radical mastectomy, it's been 15 years. I'm fine, I chose not to have reconstructive surgery ... it has not stopped me." Baker acknowledged that it's sometimes physically difficult to do the exercises; if she finds it hard to keep up in Bari's "hard core" class, he comes over to dance with her. Bari says he uses her as an example to others when they make excuses. "Hey, if she can do it, you can do it."

Five years ago when Baker's husband of 62 years, Lewis, died, she found herself struggling with depression. She credits her "family" at the gym with the emotional support to see her through that difficult period. "I'm not sure that [with out them], I would have made it ..."

Before she goes in to her class, Bari jokes that he wants to be Baker's boyfriend and asks, "Why won't you have dinner with me?" Baker shakes her head and laughs while Bari hugs her and kisses her on the cheek.



Photos by Delia Sava/The Connection

Evelyn Baker works out at Arlington's Sport & Health Club.

Some Advice

Advice to be able to stick with New Year's fitness resolutions from Mitch Bakin of Sport & Health:



Said Bari is Evelyn Baker's trainer.

❖ Set achievable goals: winning the Iron Man Triathlon may not necessarily be realistic, whereas if completing a triathlon is a desired result, perhaps training for a sprint triathlon may serve as a good step in the right direction.

Develop clear terms for your goals - for example: "I want to work out a minimum of three times per week," "I want to replace my spare tire with firm abs in the next three months" or "I want to prepare healthy meals at home five times per week.

* Break down large goals into smaller ones — again, using the triathlon analogy, if you want to complete a triathlon, try first training to jog for 20 minutes or swim nonstop for ten minutes or ride a bike for 30 minutes. Creating smaller steps allows you to calculate progress while also equipping you to take a big-

Explore alternatives to behaviors you wish to change — if you find you eat too much, replace junk foods with healthier, leaner foods and eat in moderation. Eating a quarter pound of something crunchy, but has infinitely greater benefits to eating a small bag of potato chips.

❖ Find an appropriate reward system for vourself — even former Miss Bikini Universe, Melissa Hall, rewards herself weekly with a juicy burger if she accomplishes her goals first.



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SPORTS

O'Connell Boys Get Aggressive, Beat Ireton

Savage scores team-high 20 points, Marshall plays well in second half.

By Jon Roetman The Connection

oe Wootten stamped on the floor of Bishop Ireton's Godley Gym and told his Bishop O'Connell boys basketball team to apply defensive pressure. Wootten wanted aggression from his Knights, who played with enough energy early to build an 18-6 lead Friday against the host Cardinals.

Then came the second quarter. Wootten kept stamping his foot, but whatever drove O'Connell to an early double-digit lead had disappeared. The Knights scored one point in the second period — part of a 10-minute stretch without a field goal — and trailed 20-19 at halftime.

"We stopped running our offense and I thought we kind of let up a little bit," Wootten said. "We weren't strong. We got some good shots but we didn't finish strong. You've got to give Ireton credit, they battled back."

O'Connell senior point guard Kendall Marshall, who will play for the University of North Carolina next season, wasn't much of a factor in the first half, scoring two points.

"I think we came out in the second quarter and kind of got complacent," he said.

After an uninspiring end to the first half, Wootten challenged his players to come out of the locker room more aggressive. The result was an 8-0 Knights run to open the third quarter and an eventual 53-44 victory. Ireton trailed by three points in the final two minutes of the game but O'Connell's size, athleticism and execution were too much.

"I thought we came out, though we missed a lot of shots in the second half, I thought we played the right way and that's all you can ask of the guys is to play the right way," Wootten said. "I think we drove [against Ireton's] zone [defense]. You can't just let a zone sit there. You've got to drive it and you've got to attack it — but you've got to do it strong, you've got to be intelligent, you've got to move the basketball. I thought we did a better job of that."

Marshall and junior Larry Savage set the tone for the Knights in the third quarter. Savage tipped in an O'Connell miss for the first points of the period. After a James Burgess layup gave the Knights a 23-20 lead, Marshall twice dished the ball to Savage for a dunk, including a transition jam that gave O'Connell a 27-20 lead and led to an Ireton timeout.

"You've got to give them credit for making plays," Ireton coach Neil Berkman said.

SAVAGE SCORED a team-high 20 points. Wootten said Savage and 6-foot-7 Marcus Carmon were "active." Marshall finished with 11 points, but also took care of the ball and made several nice passes.

"I thought Kendall was tremendous in the second half," Wootten said. "We had him down for no turnovers in the second half. If you start driving the zone, you're a better player."

While attacking helped the Knights regain the lead, O'Connell decided to back off late. Leading 44-41 with less than three minutes to play, the Knights ran nearly a minute off the clock by holding the ball on the perimeter. Burgess was eventually fouled and made 1 of 2 free-throw attempts to put O'Connell up by four and Ireton got no closer the rest of the way.

Burgess scored 12 points, connecting on 6 of 8 free-throw attempts in the fourth quarter. Canon scored five points for the Knights, Joe Cabrera finished with three points, knocking down a 3pointer in the opening quarter, and Maurice Williams added two.

Ireton scored the first 14 points of the second quarter before Canon knocked down a free throw with 1:31 to play in the half.

"We got a little more aggressive on our zone and they missed shots," Berkman said as reasons for the second-quarter turnaround. The coach also said he was pleased with the Cardinals' ability to limit O'Connell's fastbreak points.

Patrick Hanafin led Ireton with 20 points. Antonio Rouse added

Marshall said the Knights remained focused on themselves while Ireton got back into the

"It's always about us," he said. "We never look at what the other team is doing and get worried because that's when you start playing not to lose instead of to win. It was definitely key for us to just focus on what we were doing."

The victory gave O'Connell two in three games and evened the Knights' record at 7-7. O'Connell



Bishop O'Connell's Larry Savage jumps to defend Bishop Ireton's Antonio Rouse on Friday at Ireton's Godley Gym. O'Connell won 53-44.

straight and seven of its next eight. "We've had some adversity hit

this team with different things," Wootten said. "I think we're getting better. I think in our last three started 5-0 before dropping six games we've played really well."

The Knights traveled to Springfield, Mass., and lost Monday to St. Benedict's (New Jersey) 72-52 at the Hoophall Classic. The Knights host national power DeMatha at 7:30 p.m. today.

5 Qs with Bishop O'Connell point guard Kendall Marshall



Q: Who is your favorite artist? **A:** My favorite artist is probably Drake.

Q: What kind of stuff do you like to do when you're not playing basketball?

A: When I'm not playing basketball I love listening to music and playing Sudoku.

Q: You're headed to the University of North Carolina next year. What about the transition to college are you most looking forward to?

A: Just a new chapter in my life. It's a

new surrounding; getting a little bit more responsibility; a little more freedom and just taking another step.

Q: What is your favorite food? A: Crabcakes.

Q: What is your favorite place to go outside of the Washington D.C. metro area?

A: It's hard because all my traveling has been to basketball gyms in other states. Probably Disney World [in Orlando, Fla.]

— Jon Roetman



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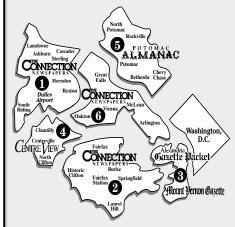
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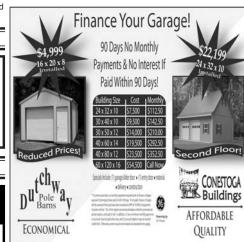
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Not Able Without Cable



By KENNETH B. LOURIE

It's only now, the Sunday afternoon following the previous Thursday night, that I'm able to recount the difficulties and demands of the 15day, eight-hour period beginning 1:34 p.m. on Wednesday, Dec. 16 and ending at 8:45 p.m., Thursday, New Year's Eve. It had nothing at all to do with my cancer and/or any consequences there to (not really, anyway). It had to do with my Cable. Specifically, not having Cable service, meaning no television and computer for over two

Let me try to explain as patiently as I am able to do so, now, the events leading up to and the ultimate conclusion to some of the worst two weeks of my life (death, taxes and health-related news notwithstanding).

On Wednesday, Dec. 16, a contractor for Washington Suburban Sanitary Commission began digging up my neighborhood street to solve a much-needed browning-of-our-tap-water problem. Days before the initial dig, I noticed spray paint markings on the street and on my driveway indicating Miss Utility had been contacted. (Little did I know that certain colors were missing; had I known that, the subsequent pain and suffering that we endured could have been avoided. But alas, poor Yurik, I know very little of what I'm talking.) Within an hour of the beginning of the dig, sure enough, the unmarked ground did not direct the construction crew away from my cable and phone lines and as a direct result, I received one (two, actually) of the most

I will spare you the details of the many phone calls made by yours truly to rectify the problem because that's not really the point of this column, and besides, I can't do the story justice in print as I can in voice. The point of this column is to discuss how one survives when they lose something that is most crucial to their day-to-day existence and lose it not because of anything they said or did. but lose it (and then not have it repaired or responded to in a reasonable time) due to the negligence of others. Collateral damage is how I found myself characterizing my circumstances.

If truth be admitted to, I barely survived. Every day that the problem persisted, I fell deeper into an emotional hole. Every day that the much-needed connections to the outside world remained disconnected, I fell even deeper into that abyss. Every day that progress was supposed to be made to repair the lines (and then ultimately wasn't) took an ICC-type toll on my psyche. Every day that I couldn't resume my routine: work, play, business, banking, hobbies, areas of interest, areas of need, etc., via the television and computer and thus fill my day accordingly was yet another day spent not in paradise (we did borrow DVDs from a neighbor, one of which included the first two seasons of Magnum P.I; he was in paradise, literally and figuratively) but one spent in a blackening hole, cratering more and more every day.

When the third (fourth? fifth? I've lost track) cable technician/team knocked on my door on Dec. 31st at 8:15 and asked if I had a picture. I thought I had died and ended up back on my couch watching television. It wasn't until 30 minutes later that my service was 100 percent restored, finally; you can't imagine the emotional release I experienced when that service returned to normal. It's still taken me a few days to regain my composure, resume my routine and get myself back on track, however.

In retrospect, I don't know how I managed, really. Given that I'm a homebody, not a reader and connected to the outside world electronially (like most people), being cut off as I was. without any warning was almost too much; in fact, it may have been one of the hardest things I've ever had to do. I may be reconnected now, but I feel like I've lost two weeks of my life, two weeks that I really didn't have to lose.

Kenny Lourie is an Advertising Representative for The Almanac & The Connection Newspapers.

SPORTS

Yorktown Boys Split

The Yorktown boys basketball team beat Stuart 57-39 on Friday and lost to National

Sports Briefs District newcomer Hayfield 50-41 on Jan. 12. The Patriots also faced Edison on Tuesday. Results were not available before the Connection's deadline.

Yorktown travels to take on Wakefield at 7:45 p.m. Friday.

Patriot Girls Win 2

The Yorktown girls basketball team defeated Stuart 61-30 on Friday and Hayfield 39-33 on Jan. 12, giving the Patriots three wins in four games. Yorktown also faced Edison on Tuesday. Results were not available before the Connection's deadline.

Yorktown travels to face Wakefield at 6 p.m. Friday.

W-L Girls Split 4

The Washington-Lee girls basketball team defeated Freedom 42-29 on Jan. 13 and Falls Church 49-14 on Friday. The Generals lost to Park View 40-33 on Saturday and Edison 70-37 on Jan. 12. W-L also took faced Wakefield on Tuesday. Results were not available before the Connection's dead-line

The Generals will host Mount Vernon at 7:45 p.m. Friday.

General Boys Edge Falls Church

The Washington-Lee boys basketball team beat Falls Church 57-55 on Friday, giving the Generals two wins in three games. W-L lost to Edison 67-59 on Jan. 12. Washington-Lee also faced Wakefield on Tuesday. Results were not available before the Connection's deadline.

The Generals travel to face Mount Vernon at $7:45\ p.m.$ Friday.

Wakefield Boys Post Consecutive Wins

The Wakefield boys basketball team defeated Edison 74-72 on Friday and Falls Church 68-55 on Jan. 12, giving the Warriors consecutive victories and four wins in six games. Wakefield also faced Washington-Lee on Tuesday. Results were not available before the Connection's deadline.

Wakefield hosts Yorktown at 7:45 p.m. Fridav.

Wakefield Girls Win 2 of 3

The Wakefield girls basketball team defeated Mountain View Christian Academy 78-43 on Thursday and Falls Church 48-29 on Jan. 12. The Warriors lost to Edison 49-36 on Friday. Wakefield also faced Washington-Lee on Tuesday. Results were not available before the Connection's deadline.

Wakefield outscored Falls Church 25-6 during the fourth quarter of its Jan. 12 win. Alison Butler led the Warriors with 19 points

and Claire Kealey added 10.

Kaitlyn Lyon scored a team-high 10 points in Wakefield's loss to Edison.

The Warriors host Yorktown at 6 p.m. Friday.

Yorktown Swims Past Wakefield

The Yorktown seniors commemorated their final meet at Yorktown Pool with a sweep of the Wakefield Warriors in a dual meet held on Friday. Both Patriot teams improved their dual meet records to 6-0 for the season. The boys raced to a 128-55 victory and the girls swept to a 151-18 triumph.

The boys finished first in 11 events, including four sweeps and wins in all three relays. The dive event was the first sweep by Angus Moloney, Carson Barry, and Alex Place. Three swimmers were double winners and led a sweep. Connor Healy won the 200 free and led the 100 back sweep along with Will Tarkenton and Jimmy Linek. Max Fish keyed the sweep in the 200 IM along with Linek and Greg Crosswell and later won the 100 breaststroke. Wren Rudolph took first in the 50 free sweep and was followed by Scott Liddell and Drew Findley. Rudolph also won the 100 fly. The other event winner was Fabian Propers (500 free). Other second place finishers were Tarkenton (200 free), Findley (100 free), and Crosswell (500 free). Quinn Romanek finished third in the 100 breaststroke. First place relays -200 Medley Relay (Healy, Crosswell, Liddell, Rudolph), 200 free relay (Findley, Healy, Linek, Rudolph), and the 400 free relay (Liddell, Propers, Chris Dunn, Linek).

The girls won all 12 events and had eight sweeps. Amanda Didawick led the meet off with a dive victory. The swimmers swept all the individual swim events and, in a testament to their depth, had a different girl win each event. The event winners, followed by the second and third place finishers were: 200 Free - Stephanie Romano (Abigail Young, Bridget Condron), 200 IM Ann Carpenter (Haley Sanner, Didawick), 50 Free – Kaitlin Wolla (Olivia Shipley, Libby Kane), 100 Fly - Lydia Carpenter (Carly Hinkle, Claire Slevin), 100 Free - Abigail Ortmayer (Kerry Sutherland, Kathleen Butler), 500 Free - Katie Gentsch (Marie O'Shaughnessy, Samantha Hall), 100 Back Devon Harkins (Maddy Berner, Madeline Botticello), and 100 Breaststroke - Rachel Locke (Sarah Eule, Alaina Berner). First place relays - 200 Medley Relay (Angela Slevin, Ortmayer, Hinkle, Shipley) and 200 Free Relay (Sutherland, Mason Nassetta, Romano, Molly Merkel), and the 400 Free Relay (Didawick, Angela Slevin, Young, Annemarie Wamsted). Romano (200 free) and Wolla (50 free) achieved Region-qualifying times.

The next dual meet for Yorktown is the annual end-of-season showdown with Washington-Lee. This year it pits undefeated teams, both boys and girls, from the National District in a battle for the regular season titles. The meet will be held at the new W-L pool on Friday. Diving begins at 6:30 p.m.

HEALTH & FITNESS



Coco Low, a Zumba instructor and owner of Coco Fitness in Arlington. leads a class.

Dancing To Lose Weight

Keeping that fitness resolution.

By Barbara E. Boland The Connection

hose searching for a weight loss activity might want to try Zumba, a cardio-dance group activity. One hour of Zumba can burn as many as 1,000 calories.

Coco Low, a Zumba instructor and owner of Coco Fitness in Arlington, met Julian Moreaux in December of 2007, when he was 70 pounds overweight. She didn't know he was working on weight loss but "it was amazing to watch him shrink before my very eyes, even though I saw him every day."

Originally, a friend persuaded Moreaux to join the gym but "now I go more often than she does" he said. "I hate going to the gym if it's machines." One of the advantages of Zumba is that it breaks the monotony of the typical work-out because it is high energy dancing. At first, Moreaux went to one class a week, gradually increasing his attendance now he goes three to four times a week. In addition to attending Zumba, Moreaux has changed his diet by monitoring "portion control and paying attention to fats and cholesterol in my food — but apart from that I eat pretty much everything" he said.

The best advice for staying motivated and dedicated to weight loss goals is to choose an activity that's not boring. Zumba is great because "dance is very social and allows you to make lots of friends," Low said. Because it is enjoyable, "you will be motivated to keep com-

ing back. To lose as much weight as Julian did as quickly as he did, you have to be consistent." Another key is to find an instructor and a group environment that will "inspire you and motivate you to want to get better."

For those considering trying Zumba, "Don't think it's too hard, just go to that first class," Low said. If weight loss is the goal, "Find one activity that you enjoy and that will motivate you and consistently go," Moreaux said. Search online for a Zumba class or visit Coco's gym in Arlington at www.cocofitness.com.



Julian Moreaux

Arlington real estate

On the Market





Located in Arlington's

Historic Glencarlyn NeighborhoodThis 1880s Queen Anne colonial features a wraparound porch, 10 foot ceilings on the main level, box bay window in the living room, original moldings and oak and heart pine floors. There are sunrooms on the main and upper level, front and rear staircases, fireplace in the den, large, updated, eat-in kitchen, four bedrooms and an updated bathroom upstairs. This house has fixed stairs to the floored attic. There is also good ceiling height in the attic, which offers expansion possibilities. The large level yard backs to the Long Branch Nature center and the 60 acre Glencarlyn Park surrounds the neighborhood. 5500 Fifth Street S., Arlington 22204.

For more information contact Betsy Twigg, Long and Foster Realtors, 703-967-4391. From \$689,000.

For information about appearing on this page, contact Deb Funk at 703-778-9444 or debfunk@connectionnewspapers.com

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Magnificent, one-of-a-kind, all brick Colonial on secluded 16,278 sq. ft. landscaped lot off quiet cul-de-sac in Lee Heights. Enjoy 5,300 sq. ft. of living space, five bedrooms and four and a half baths, grand two-story entry



foyer with curved staircase, formal living and dining rooms. There is also an office/study, three fireplaces, hardwood floors, crown molding throughout and a large gourmet granite kitchen with adjoining family room. The master retreat has a spa-style bath. There is a huge shaded deck, spacious recreation room opening onto brick patio and a delightful "secret garden" with in-ground irrigation. Just minutes from Georgetown, downtown D.C., neighborhood parks, shopping, hike & biking trails and is on the ART bus line to nearby Courthouse Metro. A rare gem conveniently located just off Spout Run Parkway and Lorcom Lane. 2369 N. Nelson Street. Open Sunday 1 – 4 pm. For more information contact Dave Lloyd & Associates, Weichert Realtors, 703-593-3204,

davidlloyd@realtor.com, www.davelloyd.net. From \$1,499,900.

Oversized Lot, Genuine Character

Rare and spectacular 0.45-acre property in Yorktown High School district with a spacious home that's ready for the next owner's vision! Built in the 1930's, this five-bedroom Cape Cod features a grand living room like none you've ever seen with a dra-



matic, arched-beamed cathedral ceiling and Juliet balcony. The three finished levels also include a formal dining room with built-in corner cupboards, large kitchen with center island, breakfast room and French doors to a patio and big backyard. There also are three and a half baths, den, recreation room, hardwood floors, two fireplaces, main-level laundry and a two-car garage. Offered at

For more information, contact Carol, Tracy & Leslie Wilder, McEnearney Associates, Inc. Realtors®, 703-798-7226, www.3wilders.com.

Elegant, **Spacious Townhome**

This four-level townhome, built by Batal Builders, is nestled in a private enclave of 33 homes surrounded by trees and parkland. It features three master bedrooms, three full baths and two half baths. It has gorgeous hardwood floors, gourmet eat-in kitchen with aborts exhibite and these are fixedness. The with cherry cabinets and three gas fireplaces. The two-car garage is oversized with an automatic opener, extra storage and a walk-out lower level to patio and fenced yard. There is an oversized deck with winter views of National Cathedral. Great location. It is just two blocks to Metro and is close to shopping, parks and Georgetown. 2128 N 21st Road, Arlington 22201.



For more information contact Matt Shepard, Keller Williams Realty, 703-867-5442 www.themattshepardgroup.com. From \$1,275,000.

Profile in Real Estate -The 3wilders Realtor® Team

The 3wilders Realtor® Team has 50+ years of combined experience in real estate, mortgage banking, communications and marketing. The mother/daughters team includes Carol, Tracy and Leslie Wilder, and they are licensed in Virginia and Washington, D.C. They are also Life Members of the Northern Virginia Association of Realtors, Top Producers Club.

The Wilder family has resided in Arlington for 35 years. Both Tracy and Leslie are graduates of Yorktown High School and take pride in selling real estate in the community where they grew up.

For three decades Carol has counseled both buyers and sellers, and has successfully negotiated hundreds of home sales on their behalf. Carol is also an investment property specialist who can guide clients through opportunities to buy and sell property through 1031 tax-free exchanges.

Tracy joined Carol with 15 years of experience in mortgage banking. Her in-depth knowledge provides a unique edge in interpreting and evaluating financing products and qualifications in today's marketplace.

Leslie joined the team with more than a decade of public relations, marketing and communications experience, which she acquired while working for such notable companies as Rolls-Royce North America, Boeing and Microsoft, among

The 3wilders' combined know-how provides a marketing experience for sellers interested in presenting their property as the very best available to the buying public. Primary to their approach is providing a proven marketing plan and preparing property so that it stands out from the competition.

They also tailor their wide-ranging skills to meet the individual needs of their buyer-clients, counseling and guiding them through every step of finding a home, and providing important information for making a wise purchasing decision.



Carol, Tracy and Leslie – The 3wilders Realtor® Team McEnearney Associates, Inc.

Home Sales

December 2009 \$2,703,000 ~ \$645,000

Address					
					TURNBERRY TOWERS
					BROYHILL FOREST/HILLS
					SHIRLEY WOODS
					LYON VILLAGE
					WILLIAMSBURG VILLAGE
4400 35TH ST N	6 5 1	ARLINGTON	\$1,500,000	Detached 0.28 .	BROYHILL FOREST/HILLS
3600 DICKERSON ST N	5 4 1	ARLINGTON	\$1,465,000	Detached 0.23 .	COUNTRY CLUB MANORS
4802 37TH ST N	5 4 1	ARLINGTON	\$1,435,000	Detached 0.28 .	COUNTRY CLUB MANOR
516 KENMORE ST N	5 4 1	ARLINGTON	\$1,310,000	Detached 0.15 .	ASHTON HEIGHTS
					CHERRYDALE
					ASHTON HEIGHTS
					CHERRYDALE
					COUNTRY CLUB HILLS
					WAYCROFT
					WILLIAMSBURG VILLAGE
					WOOSTER AND MERCER LOFTS
2346 NASH ST S	431	ARLINGTON	\$1.050.000	Detached 0.32 .	AURORA HILLS
					BONAIR
					TURNBERRY TOWERS
824 GREENBRIER ST	5 4 1	ARLINGTON	\$1,000,000	Detached 0.16	BONAIR
					LYON VILLAGE
					COUNTRY CLUB HILLS
5310 37TH ST N	7 2 1 4 2 1	ARI INCTON	\$965,000	Detached 0.87	FRANKLIN PARK
2725 EILL MODE ST N	4 4 1	ADLINGTON	\$040,000	Detached 0.14.	DOVER BALMORAL RIVERWOOD
702 KENMORE ST N	J J I 1 7 1	ADI INCTON	\$200,000 \$200,000	Detached 0.0/.	
1120 NANHOE CT	44 1	ARLINGTON	#000 000	Detached 0.19.	LACEY FOREST
2100 OVEODD CT N	0 3 2	ADLINGTON	\$800,000	Detached 0.20	BELLEVUE FOREST
					PARKHURST
2227 FAIRFAY DRIVE #7	7 3 0 2 2 1	ARLINGTON	\$885,000	Townhouse	VISTA ON COURTHOUSE
					OVER LEE KNOLLS
					WAVERLY HILLS
					LARCHMONT
					COUNTRY CLUB
					BELLEVUE FOREST
					BON AIR
					COUNTRY CLUB MANORS
					MAYWOOD
					LEE HEIGHTS
					DAKOTA
5404 8TH RD N	6 3 1	ARLINGTON	\$836,000	Detached 0.16 .	SUMMIT & VEITCH
4357 LEE HWY	5 4 1	ARLINGTON	\$815,000	Townhouse 0.23 .	CHERRYDALE
					PAYNE
210 EDGEWOOD ST N	3 2 1	ARLINGTON	\$799,900	Detached 0.15 .	
1004 POTOMAC ST N	3 3 0	ARLINGTON	\$784,900	Detached 0.16 .	MADISON MANOR
607 20TH ST S	3 3 0	ARLINGTON	\$775,000	Detached 0.13 .	ADDISON HEIGHTS
4833 25TH RD N	4 3 0	ARLINGTON	\$775,000	Detached 0.11 .	COUNTRY CLUB
					WILLET HEIGHTS
					WILLIAMSBURG VILLAGE
2001 15TH ST N #1112	2 2 1	ARLINGTON	\$750,000 .	Hi-Rise 9+ Floors	ODYSSEY
					LEEWAY HEIGHTS
					WAYCROFT
2618 SOUTH KENMORE CT	3 3 1	ARLINGTON	\$727,990	Townhouse 0.05 .	SHIRLINGTON CREST
2907 9TH ST N	3 3 1	ARLINGTON	\$720,000 .	Townhouse 0.04 .	THE TOWNES OF LYON PARK
					BERKSHIRE OAKWOOD
29 OAKLAND ST N	3 3 1	ARLINGTON	\$715,000 .	Townhouse 0.04 .	ASHTON HEIGHTS
					TOP OF ARL RIDGE ROAD
2335 VAN BUREN CT N	3 3 1	ARLINGTON	\$700,000	Townhouse 0.04 .	FENWICK COURT
4432 16TH ST N	4 2 0	ARLINGTON	\$700,000	Detached 0.27 .	WILLET HEIGHTS
6316 24TH ST N	5 2 1	ARLINGTON	\$695,000	Detached 0.14 .	BERKSHIRE OAKWOOD
					LYONGATE
					BERKSHIRE OAKWOOD
					DOVER BALMORAL RIVERWOOD
					FOREST HILLS COMMON
					BONAIR
					WILLET HEIGHTS
					WILLIAMSBURG
					THOMAS STREET MEWS OAKCREST
					BERKSHIRE OAKWOOD
					LEE HEIGHTS BROYHILL FOREST/HILLS
					BROTHILL FOREST/ HILLS
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Stately center hall Colonial on lovely garden lot in Madison Manor. 4BR'S, 3 full BA'S, 2 additions, granite/SS kitchen, refinished hardwoods, fresh paint, and fully finished lower level. 1105 N Potomac Street.

Dave Lloyd & Associates 703-593-3204









3 br's, 2 full ba's, a new granite/SS eat-in kitchen w/Cherry cabs, 2 fp's, newer roof, siding & casement vindows, a delightful backyard with private patio, and a one car garage 1519 Kirkwood Road.

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Classic Morris Day Farmhouse in Cherrydale Situated on the hill on Stafford Street, it welcomes you with a 48 foot front porch. It has it all: convenient to metro & shops, and a open, spacious layout. There are 4 BRs and 2 FBs on the upper level with room for expansion. The open main level has a large living area, an eat-in country kitchen, powder room, and a deck. The finished lower level has 10 foot ceilings and has a walkout to the slate patio and a fenced yard. \$1,177,000 with \$5,000 buyer bonus at closing. 1810 Stafford St. N 22207.

Jennifer Caterini, Coldwell Banker Residential Brokerage 703-609-6258, \mathbb{R} 宜 jcaterini@cbmove.com.

REAL ESTATE NOTES

Experienced real estate agents **John Brown** and **Robert O'Bryan** has joined Coldwell Banker Residential Brokerage in Arlington as sales associates. Brown formerly worked for Weichert; O'Bryan formerly worked for Better Homes and Gardens Real Estate.

P. Wesley Foster Jr. chairman of The Long & Foster Companies, announced that Jeffrey S. **Detwiler,** 47, has been selected as the new president and chief operating officer. The Long & Foster Companies is the parent company of Long & Foster Real Estate, Inc., Pros-

perity Mortgage Company, Walker Jackson Mortgage Corporation, Long & Foster Settlement Services, and Long & Foster Insurance Agency, Inc.

Before joining The Long & Foster Companies, Detwiler was the chief production officer of the Institutional Mortgage Services Group for Countrywide Home Loans. He led three divisions: correspondent lending, warehouse lending, and landsafe origination services.

He is a graduate of Princeton University, and is relocating from California to Northern Virginia. Detwiler is married and has four chil-

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22201						
1811 Highland St N	\$779,000	Sun 1-4pm	Ingrid Wooten	Long & Foster	703-309-0411	
1519 Kirkwood Rd	\$659,900	Sun 1-4pm	David Lloyd	Weichert	703-593-3204	
1818 N Cleveland St	\$599,900	Sun 1-4pm	Ron Cathell	Keller Williams	703-975-2500	
1001 Randolph	\$369,000	Sat 1-4pm	Diane Spaulding	Keller Williams	703-615-9564	
1001 Randolph	\$369,000	Sun 1-4pm	Katie Loughney	Keller Williams	703-597-9943	
3000 Spout Run Pkwy #B211	\$355,000	Sat/Sun 1-4pm	Randy Morrow	Keller Williams	703-639-1733	
22203						
400E 0+P C+ N	¢400 000	Cun 1 Anm	Androa Nialcan	Lana & Eactor	700 055 0550	

22203							
2203 Greenbrier St N	\$1,549,000	Sun 1-4pm	Florann Audia	Long & Foster	703-402-9127		
1105 N Potomac St	\$739,900	Sun 1-4pm	David Lloyd	Weichert	703-593-3204		

22205

22207						
2606 23rd Rd N	\$1,099,000	Sun 1-4pm	Kevin Love	Re/Max Allegiance.	703-969-6776	
2369 N Nelson St`	\$1,595,000	Sun 1-4pm	David Lloyd	Weichert	703-593-3204	
3328 Vermont St N	\$2,250,000	Sun 1-3pm	Linda Rogers	Wash Fine Prop	703-243-1615	
2026 2/th Rd N	\$1.840.000	Sun 2-/Inm	Linda Ronare	Wach Fine Pron	703-2/13-1615	

1810 Stafford St N..... ...Jennifer Caterini.......Coldwell Banker..... ..\$1,177,000......Sun 1-4pm.... ...703-524-2100

For an Open House Listing Form, call Deb Funk at 703-518-4631 or e-mail debfunk@connectionnewspapers.com All listings due by Monday at 3 P.M.

COMMUNITY

Taking Care of Trees As If They Are Pets

From Page 4

having ivy growing up your tree is probably equivalent to smoking two packs a day. It may not kill you right away ... but eventually you're going to get sick. The problem with having ivy on the trees is that it gets into the tree's bark and damages it. It's like a tree with ivy on it has leprosy. Eventually, the tree bark will decay and let bugs and diseases in and it gets weaker. The ivy will get heavy and heavier at the top and kill the tree. They should also be mulching their trees no more than two inches from the bark of the tree. Mulching is good but what we like to say is 'Mulch wide and not deep.' The great thing about Tree Stewards is that we have the class where people can learn about this.

Could you give a brief description of the course?

We have great arborists; city people and county people come in and do presentations so that they really learn a lot. It's from Feb. 16 - April 27... so that's 11 weeks. It's a very intensive class on learning all about tree care. Generally we try to offer it every year. What's exciting to me is that Arlington County Parks Department has started a volunteer program with Tree Stewards. Once you have gone through the class ... and meet with their staff to show you know what you're doing around trees. You're given a volunteer card and authorized to just kind of work hand in hand with the parks department, pruning the young trees and watering. But we don't



An invasive removal project near Long Branch Nature Center is led by two tree stewards: Gina Ghertner (left) in olive shirt and Pam Emily behind the pile. The others are community volunteers.

you need a ladder, you need a professional.

Have you seen an increase in enrollment in recent years?

Yeah, we've gotten an incredible interest in trees. Everybody wants to do something because we realize how many trees are being lost here in Arlington.

trees and watering. But we don't go up on ladders. The saying is if projects in Tree Stewards

future

We are working with the Alexandria Earth Day Event and Tree Sale. At Arlington, we'll be working with the Spring Tree distribution. Every spring, the Arlington County works with the neighborhood associations and makes tree whips — usually one large canopy and one small shrub — available to residents. Tree Stewards assist the county in providing education about how to take care of it and plant it and encourage people to

apply for the trees. Last year, we gave out about 1,000 trees. The other big event is we're doing a pruning workshop on Jan. 30-31.

Are there any projects in particular that you are proud of in you're work with Tree Stewards?

I think giving away the trees is the most exciting because people are so excited to get a tree. Arlington County just made available a lot of trees from the tree canopy fund and going around and assist the different neighborhoods with where to plant the tree and how to take care of it was really exciting.

What could be done to improve people's education about or surrounding improving the environment and saving trees?

Well, I think the biggest thing is letting people know there are ways they can be involved. That they can volunteer with Tree Stewards ... and we'll be happy to set up a way they can get involved. People can get very involved right in their own neighborhoods. They can talk to their neighbors about trees or check out the trees on the street or along the bike path and make sure their properly watered or don't have ivy on them.

What are some of the misconceptions people have about the environment or the course?

I think people think they don't need to take care of them. That living in a city is stressful; it's not like living in a forest. They don't understand that the most important part is what you don't see: the roots. Any time you dig in the ground any where around a tree you're disturbing it, even when planting tulips will disturb the roots. So you need really need to consult an arborist about how to take care of a tree when you're doing construction.

For more information on Tree Stewards, you can e-mail Nora Palmatier at TreeStewards ArlAlex@verizon.net or call 703-527-2349.

Program Helps Keep Fathers in Touch

From Page 5

nity

By graduation, King hopes each father will have an active a relationship with their child or children.

Another part of the program is the Fathers-in-Touch Alumni. King stated that the Alumni provide a link between Fathers-in-Touch and the dads' future growth with their children.

"Arlington Judge Newman and his wife Shelia Johnson donated their box for a Washington Wizards game so the men could have a treat for graduation and to carry

on the momentum of being good fathers among the graduates." King said.

In response to the challenges of being the CEO/president of Fathers-in-Touch, King stated that "it's difficult meeting the demands for more classes. They need more funding to add three extra classes in Fairfax County and two Spanish-speaking classes."

King graduated from Virginia Tech in 2000 with a double major in sociology/ political science. He has worked as a probation officer for Arlington and Fairfax counties.

For more information on Fathers-in-Touch visit www.cyep.org.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington's Office of Senior Adult Programs, Feb. 1-5:

Arlington senior centers: Aurora Hills, 735 S. 18th St.; Walter Reed, 2909 S. 16th St.; Culpepper Garden, 4435 S. Pershing Dr.; Langston-Brown, 2121 N. Culpeper St.; Lee, 5722 Lee Hwy.; Madison, 3829 N. Stafford St.; TJ Comm. Center, 3501 S. 2nd St.

New and experienced **pickleball players**, Monday, Feb. 1 through Friday, Feb. 5, 7:30 a.m.-2:30 p.m., Thomas Jefferson Community Center. Free with 55+ Pass. Details, 703-228-4771.

Full fitness **exercise classes**, intermediate and advanced, including strength training programs using weights, available Monday, Feb. 1, Wednesday, Feb. 3, Friday, Feb. 5, 9 a.m. and 10 a.m., Thomas Jefferson Community Center. Cost \$3.50 per

drop in or \$56/16 sessions with 55+Pass. Call for details, 703-228-4745.

Four part **mixed media art series** begins Wednesday, Feb. 3, 1:30 p.m., Lee Senior Center. Free; taught by community artist Jennifer Droblyen. Call to sign up, 703-228-0555.

Jane Franklin Dance workshops blending dance, theater, humor, begin Wednesday, Feb. 3, 9:30 a.m., Langston-Brown Senior Center, 11 a.m., Walter Reed Senior Center. Free. Call to register, 703-228-5321 (L-B), 703-228-0955 (WR).

15 Steps to Optimum Health program, Wednesday, Feb. 3, 1 p.m., Aurora Hills Senior Center. Free. Details, 703-228-5722.

Live Gospel piano music to celebrate Black History Month, Wednesday, Feb. 3, 1 p.m., Culpepper Garden Senior Center. Register by Feb. 1, 703-228-4403.

NOVACOM, a general computer us-

ers group, meets monthly at Walter Reed Senior Center. Next meeting Wednesday, Feb. 3, 7 p.m. Q&A roundtable discussion plus specific program presentations. Free. Details, Karl Johnson, 703-978-4968.

Four part series on **brain health** begins Thursday, Feb. 4, 11:15 a.m., Culpepper Garden Senior Center. Free. Call to register, 703-228-4403.

Macedonia Baptist Church **gospel choir** will perform Thursday, Feb. 4, 10:15 a.m., Walter Reed Senior Center. Call to sign up by Feb. 1, 703-228-0955.

The **Lee Woodcarvers** will meet Thursday, Feb. 4, 1 p.m., Lee Senior Center. Open workshop; free. Details, 703-228-0555.

Fast paced walking group, **the Fast Forwards**, will meet Friday, Feb. 5, 9 a.m., Aurora Hills Senior Center. Free. Call to sign up, 703-228-5722.

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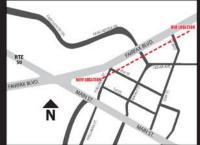
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